



When you need help  
**Hudson Valley**  
**211 Helpline**  
is here to assist

**24/7**

211 can connect you with information and access to:

- Food Pantries
- Housing
- Abuse
- Childcare
- Senior Services
- Veterans
- Health and Mental
- Youth Programs
- Govt. Services
- Job Assistance
- Substance Abuse
- And More...

**Call 211**

Visit [211Hudsonvalley.org](https://211Hudsonvalley.org)

Text your zip code to **898211**

Our services are free and confidential.  
We will work to get you to the right service,  
quickly and with kindness and professionalism.

Call specialists are available 24-hours a day,  
7-days a week, 365 days a year  
with translation services in more than 200 languages.

Serving Dutchess, Orange, Putnam, Rockland,  
Sullivan, Ulster, Westchester Counties

